

FOOD & FAMILY

Penuche Chews Feature Walnuts

Ideal for bake-ahead planning for club food sales or mailing to the member of the family who is away at school or in service are Penuche Chews, a crisp walnut-flavored bar with candied topping.

PENUCHE CHEWS

Crisp with walnuts, topped with penuche frosting. Bake at 375 deg. for 25 to 30 minutes. Makes five dozen bars.

Sift together . . .
2 cups sifted flour
1 teaspoon salt
1 teaspoon soda
Combine . . .
3/4 cup butter
1 1/2 cups firmly packed brown sugar and
1/2 cup milk in large saucepan. Bring to boil, stirring constantly; boil 1 minute. Remove from heat.
Stir in . . .
1 cup sifted powdered su-

gar
1 cup walnuts, chopped, and
1 teaspoon vanilla.
Blend in . . . dry ingredients. Turn into greased 15x10x1-inch jelly roll pan or two 9x9-inch pans.
Bake . . . at 375 deg. for 25 to 30 minutes. Do not overbake. Cut into 2 1/2x1-inch bars while warm. Cool. Drop 1/2 teaspoonful frosting on each cookie. Top each with a walnut half.

PENUCHE FROSTING

Combine in saucepan 2 cups packed brown sugar, 1/2 cup milk and 1/4 teaspoon salt. Cook over medium heat; stir occasionally, until a little syrup dropped in cold water forms a soft ball (236 deg. F.). Add 1/4 cup butter and 1 teaspoon Burnett's Pure Vanilla. Cool to lukewarm (110 deg. F.). Beat until of spreading consistency. If necessary, thin with milk.

FTC Advises Furniture Materials Be Identified

The Federal Trade Commission is currently studying labeling rules which will require that all furniture, both wood and upholstered, be adequately labeled specifying the materials of which it is made. The Fine Hardwoods Association, too, has been urging passage of a Federal Bill requiring labeling of furniture stating the name of woods used in the furniture. Either of these measures will offer the shopper information upon which she can buy with definite assurance.

Supply Tags

Many groups of wood furniture carrying identifying tags, issued by the Fine Hardwoods Association, attesting to the fact all exposed parts are made of genuine fine hardwoods. Other pieces may carry the tag issued by the American Walnut Manufacturers' Association, indicating the piece is made entirely of that species of hardwood. The Mahogany Association, too, provides tags and seals for furniture manufacturers using genuine mahogany.

Remove Tags

"Unfortunately some shops remove manufacturer's identifying tags from furniture. Other tags bearing the phrase: 'walnut finish,' 'maple finish,' or most ambiguous, 'fruitwood finish' usually are not a true indication of the kind of wood used in the furniture," it was pointed out by Virginia Pegram, consumer education director of the Fine Hardwoods Association.

"Such phrases may be just a limited description of the color most often associated with certain wood species. Until some labeling regulation is promulgated the homemaker who really wants to be sure she is buying genuine fine hardwood furniture should demand either an authentic tag, or

authorized statement of the species used to make the piece of furniture of her choice," she explained.

Bargains?

It is usually in "bargain" furniture that no mention is made of the real species of wood. The surface may be only a printed imitation of the figure pattern of a hardwood species. The discerning shoppers can often judge such a piece by the opaque quality of the surfaces. They look as though painted one of the familiar wood colors.

Quality Pride

Some excellent cabinet hardwoods are given a finish tone traditionally associated with a certain furniture style. For instance, one outstanding group of French and Italian provincial furniture is made of Magnolia. The structural parts are solid and tops, ends and fronts are Magnolia veneer, showing the natural graceful figure of the wood. This furniture is carefully finished and may be ordered in a variety of soft brown color finishes.

This is a high quality and the manufacturer is justly proud of it. He is also proud to say the wood is Magnolia and adds the comforting assurance to garden lovers . . . "the wood comes from wild trees, not the garden or lawn variety."

Another high quality producer combines several hardwoods in one piece. Frequently pecan is used for solid parts, such as table bases, cabinet framing, etc. Veneers may be walnut, elm burl or exotic imported woods, depending on the design and style of the piece. This firm has three different color finishes, all enriching the natural wood tones, with names descriptive of their color, such as "Sherry" and "Sable." This manufacturer announces his selection with pride.

School Menus Told for Week

As a public service, the Torrance Press publishes elementary school lunch menus to aid housewives preparing to do marketing to plan dinner menus accordingly.

Lunches to be served in the elementary school cafeterias for the week beginning tomorrow are as follows:

THURSDAY

Hamburger steak with sauce, whipped potatoes, cabbage and pepper salad, sliced peaches, bread and butter, and milk.

FRIDAY

Grilled Cheese sandwich, potato salad, buttered green beans, fresh-orange sections, milk.

MONDAY

Toasted hot dogs, buttered peas, cole slaw, cherry torte with whipped topping, milk.

TUESDAY

Salisbury steak, buttered sweet potatoes, carrot and celery sticks, apricots and syrup, bread and butter, milk.

WEDNESDAY

Turkey 'n gravy, whipped potatoes tossed green salad, citrus fruit cup, bread and butter, milk.

BLOOD CIRCULATION

William Harvey, an English physician, first described the circulation of the blood through the body in 1628.



WINNING COOK is Mrs. Diane Cibilterra, whose unique recipe for Italian Pistachio Pie features a pistachio nut filling in a pastry crust flavored with

sherry. For submitting the winning entry in the Cook of the Week contest Mrs. Cibilterra receives \$5. —PRESS photo

Cherry Desserts Rate High with Men

By BEA WEBB
Southern Calif. Gas Co.
Home Economist

The linking of cherries and February dates back to the beginning of the famous legend of George Washington and his cutting down of his father's cherry tree. You'll enjoy keeping up the custom by making cherry desserts a February feature.

Wonderful sour pie cherries have an especially tart, fruity flavor and a cherry color, too. Do make your favorite cherry pie in the regular way, then try these cherry dessert recipes.

TOPSY-TURVY CHERRY PUDDING

2 Tbsp. butter
1 1/4 cup sugar
1 cup sifted flour
1 tsp. baking powder
1/8 tsp. salt
3/4 cup milk
1 No. 2 can sour pitted cherries
3/4 cup juice from cherries
Cream butter and blend in

1 cup sugar. Sift flour, baking powder and salt together. Add dry ingredients alternately with milk to creamed mixture. Pour into oiled 8x8x2 inch pan. Combine cherries with remaining sugar and cherry juice. Heat to boiling point over full flame and pour over batter in pan. Bake at 350 deg. for 60 minutes in model gas oven. Serve while warm with slightly sweetened cream or ice cream.

CHERRY GLAZED CHEESE PIE

1 No. 2 can cherries
3/4 cup cherry juice
2 Tbsp. cornstarch
1/2 cup sugar
1/4 tsp. salt
1/2 tsp. vanilla
2 Tbsp. butter
6 oz. cream cheese
1/4 cup sugar
1 egg
1 9" pie shell baked or 6 tart shells baked
Drain cherries, measure juice and, if necessary, add water to make the required

amount of liquid. Mix cornstarch, sugar and salt. Add liquid and cook until thickened and clear, stirring constantly. Add cherries and vanilla. Cool slightly. Pour into baked shell. Dot with butter.

Make cheese topping by beating cream cheese until fluffy, adding sugar gradually, then egg. Spread cheese mixture over cooled cherry filling. Bake in modern gas oven at 350 deg. for 35 to 45 minutes.

CHERRY CRISP

1 No. 2 can sour cherries
1/3 cup butter
1 cup sugar
3/4 cup flour
1 tsp. cinnamon
1/4 tsp. nutmeg
Put cherries and juice in 9 inch glass cake or pie dish. Cream butter and sugar. Sift flour with spices and work into creamed mixture. Spread over cherries. Bake at 375 deg. or 35 minutes.

Variety Meats Provide Good Eating at Low Cost

By BEA WEBB
Southern Calif. Gas Co.
Home Economist

If you must have a reason for serving variety meats (liver, heart, kidney, etc.) here are three very good ones.

These meats provide top quality protein and are extremely rich in vitamins and minerals found in meats.

They are excellent buys. The cost per serving is lower than for almost any other meat you might choose.

And, there are so many delicious ways to serve these meats. You can serve a variety meat once a week for a long, long time without repeating a recipe.

The following recipes we think you'll like—try them and then use your own imagination to vary the recipes and delight your family with new and different (and nutrient packed) recipes.

BRAISED LIVER WITH VEGETABLES

1 lb. sliced liver
1 tsp. salt
1/8 tsp. pepper
1/2 cup flour
5 Tbsp. bacon drippings

6 potatoes, sliced
4 medium onions
2 cup canned tomatoes
Dredge liver with seasoned flour. Brown in hot bacon drippings. Add vegetables. Cover and simmer about 45 minutes on automatic top burner of your modern gas range, set at 210 deg.

SPANISH LIVER

3 slices bacon
1 lb. liver, thinly sliced
2 sliced onions
1 sliced green pepper or 1 cup chopped celery
2 cup tomatoes
salt and pepper
Dice bacon and fry in a pan. Brown liver and remove. Add onions and pepper and brown lightly. Add Tomatoes and liver. Cover and simmer 30 minutes on automatic top burner set at 210 deg. Season to taste. If desired, thicken sauce with mixture of flour and cold water.

KIDNEY PIE

3 small veal kidneys
1/2 cup diced salt pork
1 clove garlic, finely chopped
2 Tbsp. shortening

5 Tbsp. flour
1 1/4 tsp. salt
1/8 tsp. pepper
dash cayenne pepper
2 1/2 cup hot water
1/2 cup chopped green pepper or celery
1 cup sliced carrots
2 medium onions, quartered
1 large potato, diced pastry

Soak kidneys in cold water 30 minutes. Cut into 1 inch cubes and remove fat and tough membranes. Brown salt pork and garlic in pan on automatic top burner set at 325 deg. Add kidneys that have been rolled in seasoned flour. Brown lightly. Add remaining flour, hot water, and green pepper. Cover and simmer 45 minutes at 210 deg. Add rest of vegetables and cook 15 minutes. Roll pastry 1/4 inch thick. Cut into squares or circles 3/4 inch larger than dishes. Make small openings for steam to escape. Pour meat mixture into six individual baking dishes. Place piece of pastry over top of each and seal edge. Bake in modern gas oven at 450 deg. for 25-30 minutes.

Banana Split Layer Cake Features Chocolate, Nuts

When calories DON'T count but melt-in-the-mouth goodness DOES, top candidate for sweetest of honors is banana split layer cake. Bananas are tucked into rich vanilla-flavored old-fashioned butter filling. Caramel sauce and melted semi-sweet chocolate chips team up for topping.

BANANA SPLIT LAYER CAKE

Bake at 350 deg. for 25 to 30 minutes. Makes two 9-inch layers.
Sift together . . .
2 1/2 cups sifted flour
1 1/2 cups sugar
2 teaspoons double-acting baking powder
1 teaspoon salt and
1/2 teaspoon soda into large mixing bowl.
Add . . .
1 cup milk
1/2 cup butter and
1/4 cup vanilla caramel sauce.
Beat . . .
1 1/2 minutes.
Add . . .
3 unbeaten eggs and
1 teaspoon vanilla

beat 1 1/2 minutes. Turn . . . into two 9-inch round layer pans, greased and floured on bottoms.

Bake . . . at 350 deg. for 25 to 30 minutes. Cool; fill and frost.

OLD FASHIONED BUTTER FILLING

Combine in small pan 3/4 cup powdered sugar and 1/4 cup flour. Gradually add 1/2 cup milk, stirring until smooth. Cook, stirring constantly, until mixture is very thick. Place in mixing bowl. Cover with Saran Wrap. Chill 1 hour. Add 6 tablespoons butter, a tablespoon at a time; beat well with mixer. Fold in 2 sliced bananas and 1 teaspoon vanilla.

CHOCOLATE FROSTING

Combine in pan 6-oz. pkg. (1 cup) semi-sweet chocolate morsels, 1/2 cup vanilla caramel sauce and 2 tablespoons butter. Cook over low heat until chocolate melts. Blend in 1 1/4 cups sifted powdered sugar and 1 teaspoon vanilla. If needed, thin with milk.

End Apple Pie Boil-Overs With New Recipe Trick

New York, N.Y. (CFN)—The problem is licked. Here is a sure fire way to make an apple pie that will never boil over. Good news for anyone who has ever been stuck with the job of cleaning an apple-pie burn from the oven.

The trick is this. Fill the pie crust with sliced apples and "bake" it dry. Then when it is cooked, pour a cinnamon syrup through the top crust. It will penetrate the cooked apples and give a delightful juiciness and flavor to the pie.

Never-Boil-Over Apple Pie

1-2-3 pastry for 2-crust pie
6 medium apples
Cinnamon Syrup
Divide pastry dough in half; use the larger part for bottom pastry. Flatten slightly and immediately roll out between two pieces of waxed paper. Wipe table with damp cloth to prevent paper from slipping. Peel off top paper, place pastry in 9-inch pie pan paper-side up. Peel off paper and fit loosely into pan.
Pare, core and slice apples; arrange in pastry-lined pan. Roll out top crust in similar manner as for bottom crust. Cut circle from center large enough to insert end of funnel, and cut slits to allow steam to escape.

Place pastry over apples; seal and flute edge as desired. Bake in 400 deg. F. (hot) oven until crust is well browned and apples are tender. Meanwhile prepare syrup, timing it to be finished about the same time as the pie (15 minutes should be adequate). Remove pie from oven and immediately insert funnel into center of pie. Pour Cinnamon Syrup into funnel about 2/3 at a time, tilting pie after each addition to allow syrup to spread evenly.

CINNAMON SYRUP

2 tablespoons corn oil
margarine
1 tablespoon corn starch
2 tablespoons sugar
1/4 teaspoon salt
1/2 cup light or dark corn syrup
Melt margarine in small saucepan. Blend in corn starch, then sugar, cinnamon and salt. Mix in corn syrup. Stirring constantly, bring to a boil and boil 5

1-2-3 PASTRY

2 cups sifted flour
1 teaspoon salt
1/2 cup corn oil
3 tablespoons cold water
Mix flour and salt. Blend oil in thoroughly with fork. Sprinkle water over mixture; mix well. Press dough firmly into ball with hands. If too dry, mix in 1 to 2 tablespoons more oil.

COOK OF THE WEEK

Winning entry in this week's Cook of the Week contest is Italian Pistachio Pie, contributed by Mrs. Diane Cibilterra of 18314 St. Andrews Pl., Torrance. Featuring a rich pastry which calls for egg, butter and sherry, the pie is filled with pistachio flavoring and topped with lattice strips.

ITALIAN PISTACHIO PIE PASTRY:

2 cups flour
1 egg
1/4 teaspoon salt
1/4 lb. butter
1/2 cup sugar
2 tablespoons sherry
Sift together flour, sugar and salt. Lightly beat eggs. Blend all ingredients with butter in deep bowl. Gradually add enough sherry to

form firm pastry. Roll in circular piece about 1/8 inch thick to fit 9 or 10 inch pie plate.

Butter plate before placing pastry in it. For an even fluted standing rim, pinch edges of pastry. Cut balance of pastry in strips 1/2 inch wide to use as a crisscross top.

PISTACHIO FILLING:

1 pint sweet milk
2 eggs
4 ozs. pistachio nuts
2 ozs. granulated sugar
3/4 cup whole-wheat flour
1/4 teaspoon nutmeg
1 tablespoon powdered sugar
Pinch of salt
Chop nuts medium - fine. Place flour in deep saucepan. Gradually blend in milk until mixture is very smooth. Add granulated sugar, eggs, salt, and nutmeg. Blend thoroughly. Put over medium flame stir constantly as not to produce lumps or sticking. Bring to a boil. Lower flame and cook for 10 minutes, continue stirring.

Slowly add nuts. Continue stirring vigorously until all is a well blended, very smooth custard. Remove from flame. Let cool. Pour filling into pastry. Place lattice strips over the top.

Slightly pinch edges and bake in hot oven for 45 minutes or until mixture is firm but not dry and pastry is brown. Remove from oven and cool. Just before serving, sprinkle with powdered sugar. Serves 10.



BEA WEBB